

# *Methods and Systems for Rehabilitating and Retraining the Neck Musculature*

## **Abstract**

System, methods and devices for training, stretching, relaxing and rehabilitating the musculoskeletal system of the neck and upper thorax. A method uses the principles of reciprocal inhibition to specifically train the core musculature. The device employed by the method is an inflatable bladder having finger holes formed in its opposing ends.